



9. ITH Hennesee Triathlon

Meschede / 18.06.2016

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Schumann, Frank

000: 1:15:26

00: LG Deiringsen

00: 204

00: 25.70 km

Volksdistanz (0,70-20,00-5,00)

00000/000: 7 (of 109)

00000/0: 7 (of 83)

000000: 1:09:12

0000:

Senioren 4 (55-59 Jahre)

00000: 1(of 8)

0000000: 1:15:26

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Schwimmen nett	0.70	15:04	21:31	1	-	16	4:27	0.70	15:04	21:31	1	-	17	15:04
Wechsel S -> R	-	2:39	-	4	0:27	22	0:56	0.70	17:43	25:18	1	-	16	17:43
Schwimmen 000	0.70	17:43	25:18	1	-	16	17:43	0.70	17:43	25:18	1	-	16	17:43
Rad netto	20.00	36:26	1:49	1	-	5	2:28	20.70	54:09	2:36	1	-	7	4:56
Wechsel R -> L	-	1:21	-	1	-	5	0:20	20.70	55:30	2:40	1	-	7	5:00
Rad 000	20.00	37:47	1:53	1	-	5	2:32	20.70	55:30	2:40	1	-	7	5:00
Lauf	5.00	19:56	3:59	1	-	3	2:26	25.70	1:15:26	2:56	1	-	7	6:14